

Draft November 14, 2005

Policy 408.0 – ~~FOOD SERVICES MANAGEMENT~~ Child Nutrition and Wellness

Understanding the important role nutrition plays in healthy life-style choices and in the educational process, the Assistant Superintendent for Business and Operations Superintendent or designee is authorized and directed to develop and implement an efficient and effective ~~food services system~~ nutrition program for the students and employees of the District that is in compliance with state and federal regulations, this policy, and sound nutritional practices.

~~The Board will approve the types of food service provided. Services will be provided to all students on a non-profit basis, insofar as possible, and will be self supporting, with reasonable limits consistent with the complexities involved in the program.~~

~~The school food service program will provide free or reduced price meals to all eligible economically disadvantaged students in accordance with USDA regulations.~~

408.1 – Financial Management

Child Nutrition shall financially operate on a non-profit, self-sustaining basis. The District shall be responsible for paying the employer costs of FICA and PERSI and for kitchen utilities. All other associated costs shall be the responsibility of the Child Nutrition Department.

408.2 – Regular Menu Planning

In addition to Federal requirements, all menu planning must comply with the following guidelines on a weekly basis:

- A maximum of 30% of the calories may be from fat with not more than 10% from saturated or trans fats.
- Not less than 10% and not more than 20% of the calories must be from protein.
- Not less than 50% and not more than 65% of the calories must be from carbohydrates.
- Menu planning should maximize fresh ingredients and minimize processed foods and added sugars.

408.3 – Ala Carte Menu Planning (applies to competitive breakfast and lunch time sales)

In addition to the guidelines noted in Policy 408.2, ala carte menus must comply with the following guidelines:

- No candy.
- No added caffeine.
- No caloric soda pop or punches.
- A maximum of 12 ounces per caloric drink serving. Please note: 100% fruit juice is permitted, but it must comply with the 12 ounce serving size.
- There is no maximum serving size for water and non-caloric drinks.
- A maximum of 1% milk fat is allowed for either plain or chocolate milk.

- Added sugar may not exceed 35% of an item's weight.
- Ala carte individual entrée servings shall not be larger than the regular food service entrée.

408.4 – Competitive Day-time Sales and Vending Machines

408.4.1 – Competitive Day-time sales must meet the standards set forth in this policy (e.g., outside vendors lunch hour vendors must meet the ala carte standard, etc.)

408.4.2 Elementary Schools

Vending machines and competitive day-time sales are not allowed in the District's elementary schools.

410.4.3 Secondary Schools

Vending contracts in effect at the beginning of the 2006-07 school year shall be honored, but renegotiated where possible to comply with this policy. Any new contracts shall be required to meet guidelines set forth in this policy. Secondary schools may operate vending machines and competitive day-time sales under the following guidelines:

1. Vending machines which meet ala-carte guidelines may be turned on (high schools only) during the times that breakfast and lunch are being served.
2. Vending machines which do not meet Ala-carte guidelines, but do meet the following guidelines may be turned on during non breakfast and lunch times.
 - a. Beverages sales are limited in the jr. high schools to drinks containing less than or equal to 15 grams of added sugar (e.g., corn syrup, honey, sucrose, etc) per serving and not more than 55 mg. caffeine per 12 oz. serving. Beverages must also meet the nutritional guidelines for fat and saturated fat. 100% fruit juice or beverages sweetened with 100% fruit juice are allowed as long as the portion size does not exceed 12oz. Non-fat and 1% flavored milk with greater than 15 grams of sugar per serving are allowed with a portion size limit of 16 oz. There is no serving size limit on bottled water which must be priced 25% lower than other beverages of similar size.
 - b. Beverage sales for high schools must comply with jr. high standards with the exception that 20% of the drinks may be selected from traditional soda pop, but must limit caffeine to no more than 55 mg per 12 oz. serving.
 - c. Snacks: 1.25 oz. or less.
 - d. Seeds, dried, fruit, trail mix: 2 oz. or less.
 - e. Cookies/cereal bars: 2 oz or less.
 - f. Bakery items: 3 oz. or less.
 - g. Frozen desserts: 3 oz. or less.
 - h. Yogurts: 8 oz. or less.
 - i. Cheese Sticks: 1 oz.
 - j. Fresh Fruit & vegetables:
 - k. Other items shall be no larger in portions than those foods served as part of the school meal programs.

408 -.5 – The Role of Food in Rewards, Activities, Concessions, and Parties.

Educators are discouraged from using foods and beverages with low nutritional value as rewards. Concessions and occasional class parties and celebrations are exempt from the above guidelines; however, providing healthful options is strongly encouraged. Healthy options are to be published on the District's website. Only commercially prepared and packaged products or products which have been prepared by District #91 Food Service may be served.

408.6 – the Role of Food in Fund Raisers.

Candy and other foods with low nutritional value (see policy 408.3 for specific limitations) may not be sold to raise funds.

408.7 – Physical Activity.

Physical activity is to be encouraged through active engagement in recess, physical education classes, and intramurals which maximize the use of available space, time, and personnel.

408.8 – Wellness Education for Students, Parents, and Staff.

1. The school district will make available information that encourages parents to provide their children with nutritious foods, regular exercise, and healthy lifestyle choices. This information is to be available on the district's web page, through brochures, through district and school newsletters, and parent meetings.
2. Food service staff shall receive the training needed to comply with this policy.
3. Wellness education (nutrition, fitness, safety, physical and emotion health) is to be included through the normal curriculum adoption process in each elementary grade, secondary health classes, and appropriately integrated into other courses.

408.9 – Monitoring and Compliance.

The superintendent or designee(s) shall be responsible for monitoring the compliance of this policy. Monitoring of compliance shall include:

1. Providing building principals and food service personnel with forms needed to complete an internal self-audit verifying compliance with the various requirements of this policy.
2. The establishment of an oversight committee which shall include as a minimum an administrator, a health professional, and a parent.
3. Within the first twelve weeks of each school year, this committee shall:
 - a. Review building and department self reports.
 - b. Audit food service menus including ala carte and practices related to this policy for compliance.
 - c. Audit vending machines and day time competitive sales for compliance.
 - d. Recommend actions to responsible personnel to remedy concerns and to provide needed follow up.
 - e. Review this policy and recommend revisions as necessary.
 - f. Provide a written report of findings and recommendations to trustees.